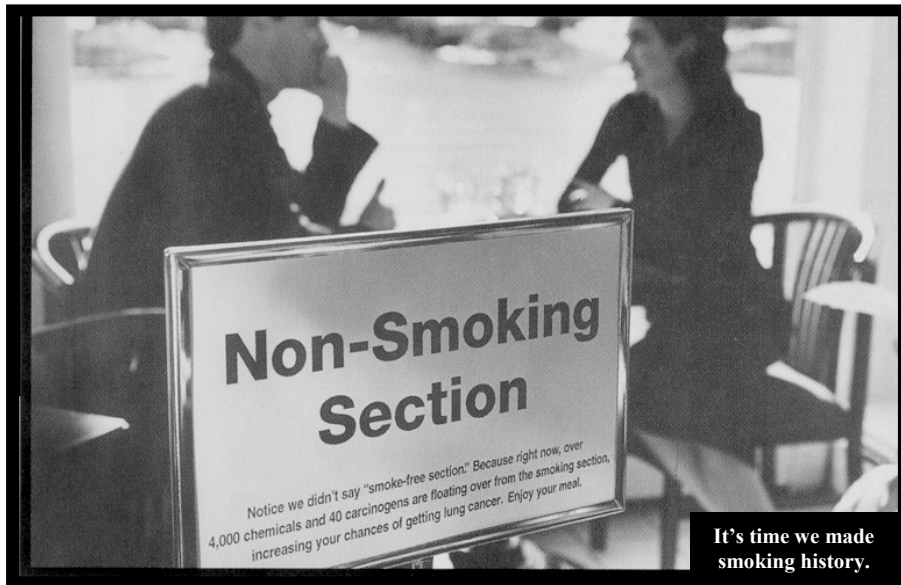


# Secondhand Smoke



**Health Promotion Program  
Navy Environmental  
Health Center**



**Notice we didn't say “**smoke free section.**”**  
**Because right now, over 4,000 chemicals and 40 carcinogens are floating over from the smoking section, increasing your chances of getting lung cancer** *Enjoy your meal.*



**IF SOMEONE WERE  
SMOKING HERE.**

**SOMEONE COULD GET  
LUNG CANCER HERE.**



**IN A ROOM THIS SIZE, SECONDHAND  
SMOKE SPREADS LIKE CANCER.**

**It's time we made  
smoking history.**

**22'**

# Effects On Children

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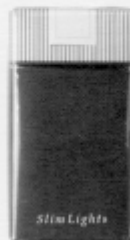
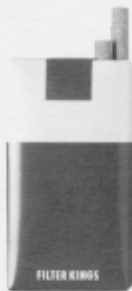
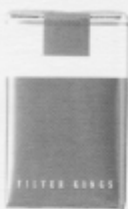
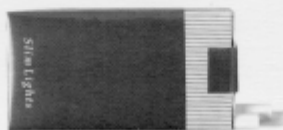
- Increased coughing, wheezing & asthma
- Increased ear infections
- More colds, bronchitis & pneumonia
- Decrease in lung function
- More illnesses & doctor visits



# I Need Room To BREATHE!



Birth defects can come  
in all shapes and sizes.



©1996 ADHS

# Effects On Adults

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- **Exposure causes irritation of the eyes, nose & throat**
- **Leads to chest discomfort, coughing, breathing difficulties**
- **Adults who live and work with other smokers are more likely to contract lung cancer and heart disease**





**CIGARETTE SMOKE  
IN THE SMOKING SECTION**



**CAUSES CANCER IN  
THE NON-SMOKING SECTION.**

**It's time we made  
smoking history.**

# Effects On Pets

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- **Secondhand smoke increases the risk of lung cancer in dogs!**



# THERE'S A WARNING LABEL ON CIGARETTE PACKS FOR PEOPLE WHO SMOKE. WHERE SHOULD THE WARNING GO FOR PEOPLE WHO BREATHE?

WARNING: Secondhand  
cigarette smoke can  
give you lung cancer.

Secondhand smoke can kill. It doesn't matter that you aren't a smoker, or that you're in a non-smoking section. When there's secondhand smoke in the air, your risk of getting

**It's time we made  
smoking history.**

lung cancer can increase by 34%. The tobacco companies must not have thought it worth mentioning.

# **What To Do?**

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- **Protect your family and children from secondhand smoke!**
- **Avoid smoking areas!**
- **Do not allow others to smoke in your car, home, school or office!**
- **Encourage your friends to quit!**
- **Support smoke free environments!**



HEAR NO EVIL

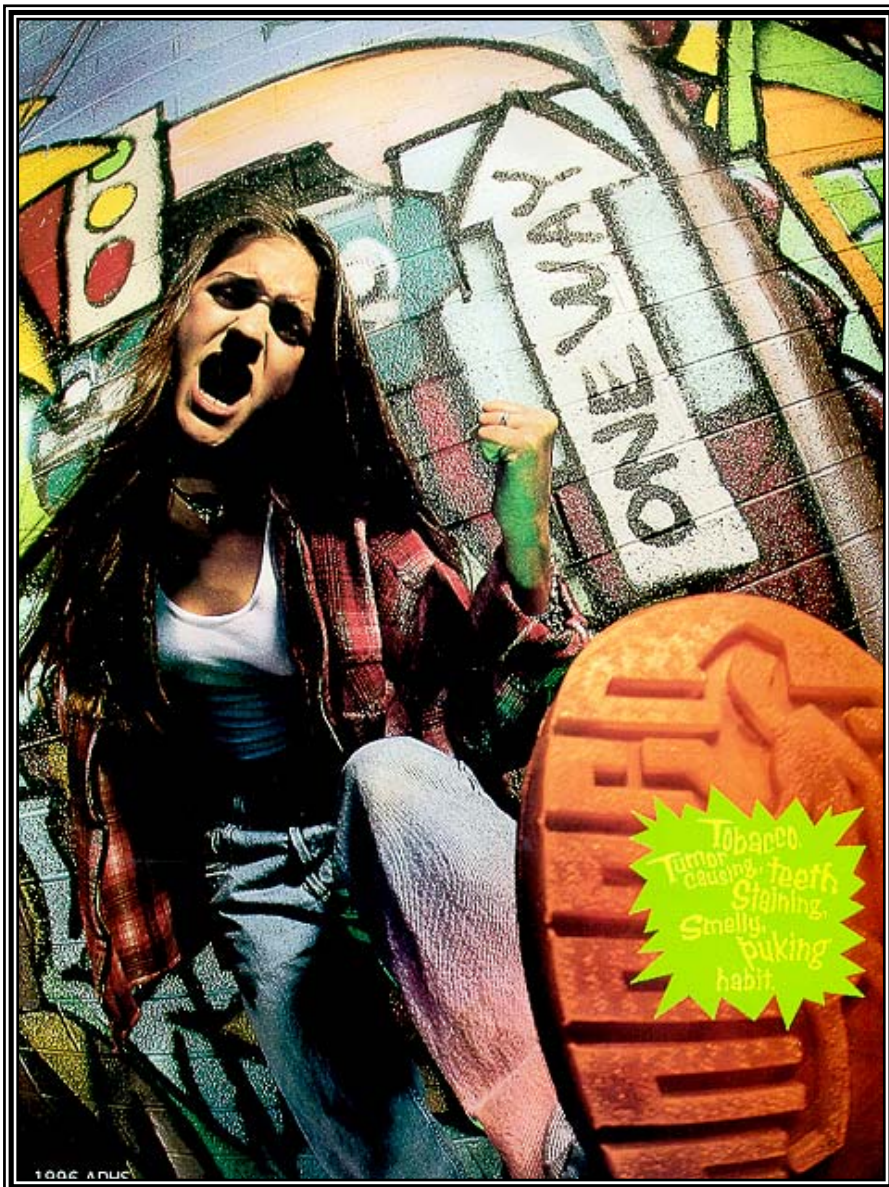
**Hear No Evil**

**See No Evil**



**Breathe No Evil**

**Protect Your Children from Secondhand Smoke**



**SMOKE FREE  
ENVIRONMENT!**